

BLACK IRON CROSSFIT

RECIPES

FOR HAPPIER, HEALTHIER ATHLETES



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INTRODUCTION

At Black Iron CrossFit, we believe the body was made to run on real, unprocessed food. That means a diet rich in a variety of foods that look the way they did when they came out of the ground or out of their mother. As Greg Glassman put it, we “eat meat, vegetables, nuts and seeds, some fruit, little starch and no sugar.” This is the ground for our evolution from sickness to wellness to fitness.

Nutrition isn't complicated when you eat real food. We find real food by shopping the perimeter of the grocery store. We make recipes with foods that require no complicated label...chicken, red pepper, spinach, rice, basil--single ingredient foods. When we do buy packaged foods, we first read the ingredient list (not so much the nutrition facts) and make sure we recognize every ingredient as an unprocessed, real food. With nutrition coaching, we can get more specific with macros and moderation, but we do not ever move away from the foundation of a lifestyle that is rich in real food.

I hope these recipes help you “get your hands dirty” and get a feel for what a real-food diet looks like. Fill every plate with lots veggies, some meat, and a little simple grain--like rice, quinoa or oats. Welcome healthy fats and don't eat sugar. Treat your body to all the good things and I promise you will see benefits in how you look, feel and perform.

Happier. Healthier!
Erin Ball

Black Iron CrossFit Nutrition Head Coach



ENERGY COFFEE

INGREDIENTS

- 8oz of coffee
- 1 pad of organic grass-fed butter
- 1 organic pasture raised egg
- Honey
- Cinnamon

INSTRUCTIONS

1. Brew Coffee
2. Put coffee and all of your ingredients into a blender and blend
3. Add honey and cinnamon to taste

ATHLETE'S OATMEAL

INGREDIENTS

- 1/2 cup of dry oats & 1 cup of water
- Honey
- Cinnamon
- 1 Tbsp Unsweetened shredded coconut
- 1 Tbsp Chia Seeds
- 1 Tbsp Raisins
- 1-2 Tbsp Peanut/Almond Butter

INSTRUCTIONS

1. Cook oatmeal
2. Add in all of your ingredients and add your honey/cinnamon to taste

BIG BREKKIE HASH

INGREDIENTS

- Onion
- Garlic
- Mushrooms
- Aidell's chicken sausages, sliced
- Finely diced sweet potato
- Shaved Brussels sprouts
- Handful spinach or kale
- Salt, pepper, chill powder, smoked paprika
- Olive Oil

INSTRUCTIONS

1. Drizzle olive oil in a pan and heat to medium-high heat.
2. Sauté the onions and garlic.
3. Add the rest of ingredients and seasonings.
4. stir until sweet potatoes are soft. Set aside.
5. Cook 2 eggs over easy and serve over top of some of the hash.
6. Save leftover hash for tomorrow with fresh eggs.

GREENS + COLLAGEN SMOOTHIE

INGREDIENTS

- 1 cup of frozen blueberries
- 1-2 frozen bananas
- 3/4 to 1 full can of full fat coconut milk
- 1-2 scoops of Vital Proteins Collagen Peptides
- Fill the rest of your blender with greens of your choice, spinach, kale etc..

INSTRUCTIONS

1. Add all of the ingredients to a blender and blend for 30-45 seconds
2. Enjoy now or freeze for later

PALEO CHICKEN SALAD

INGREDIENTS

- 1/2 to 1 full can of chicken (or substitute tuna)
- 1/2 apple
- 1 stalk of celery
- Tbsp of avocado mayo
- Add-ins
 - Raisins, nuts, diced onion, grape tomatoes
- Salt and pepper to taste

INSTRUCTIONS

1. Add chicken into a large bowl and shred with a fork
2. Dice your apple and celery then add to your bowl and mix in 1 Tbsp of avocado mayo
3. Combine all of your ingredients and add in any extras that you might like
4. Once combined thoroughly season with salt and pepper
5. Serve

ASIAN BEEF + GREENS

INGREDIENTS

- 2 lbs of ground beef
- 1 bag of broccoli slaw
- 1 onion
- 2-4 cloves of garlic
- 1 pack of mushrooms
- 2 handfuls of spinach
- 1 Tbsp of coconut oil
- 4 Tbsp of coconut aminos
- Salt and pepper to taste

INSTRUCTIONS

1. Dice the onions, chop the mushrooms and mince your garlic, then add into your pan with the coconut oil, cook until tender
2. Add in the ground beef and cook until brown
3. Mix in the broccoli slaw, coconut aminos and cook on medium for about 10 minutes, add salt and pepper to taste
4. Last stir in your spinach until wilted
5. Serve

PALEO PAD THAI

INGREDIENTS

- 2 spaghetti squash
- 4 chicken breasts cut into 1 inch pieces
- 1-2 inches ginger root, peeled
- 1 Tbsp Tabasco or other hot sauce
- 1 Tbsp Sriracha
- 2 Tbsp almond butter
- 2 Tbsp Tahini
- 2 Tbsp of coconut aminos
- Juice from 1-2 limes
- 1-2 Tbsp of honey
- 3/4 cup of olive oil
- 2 handfuls of spinach or kale

SEE NEXT PAGE FOR INSTRUCTIONS...

PALEO PAD THAI

INSTRUCTIONS

1. Preheat oven to 375. Cut the squash in half, scrape out seeds. Drizzle with olive oil, salt and pepper. Place face down on a foil-covered baking sheet. cook for about an hour- until the squash pulls away very easily with a fork.
2. Blend ginger, garlic, hot sauce, sriracha, almond butter, tahini, lime juice, honey, coconut aminos and olive oil.
3. In a large skillet, cook the chicken pieces. Once almost cooked, add several big handfuls of kale or spinach. Add more if desired (it cooks down quite a bit). add the sauce from the blender into the chicken.
4. Stir and cook together on low heat. Serve over a scoop of shredded squash.
5. Add more almond butter or sriracha to individual servings depending on desire for more nutty/spicy flavor.

SLOW-COOKER CARNITAS

INGREDIENTS

- 2-3 lb pork butt or shoulder
- 2 cups of salsa
- 2 Tbsp chili powder
- 2 Tbsp cocoa powder
- 2 Tbsp oregano
- Corn tortilla
- Sweet potatoes

GARNISH

- Sour cream
- Shredded cheese
- Cilantro
- Lime
- Avocado

SEE NEXT PAGE FOR INSTRUCTIONS...

SLOW-COOKER CARNITAS

INSTRUCTIONS

1. In a crock pot combine salsa, cocoa powder, oregano & chili powder, plus a good amount of salt and pepper. Add pork (with or without bone, just remove bone after cooking) and cover in the salsa. cook on low 6-8 hours.
2. Scrub and dry sweet potatoes and prick with a fork several times. Place directly on center oven rack. Place a cookie sheet covered in aluminum foil on the lower rack to catch drips. Preheat oven to 375 and let the potatoes cook until a fork goes in very easily about an hour. I usually start the potatoes early in the afternoon, turn the oven off when they are cooked, but leave the potatoes in the warm oven until dinner.
3. Shred pork. Serve on corn tortillas over sweet potato with sour cream, cheese, fresh squeezed lime, cilantro, avocado and salsa. These are the bomb dot com. this recipe makes lots so feed a crowd! The meat is also awesome on a Mexican-style salad next day....mixed greens, avocado, cilantro, tomatoes, etc.

SALMON CABBAGE BOWLS

INGREDIENTS

- 2 lbs salmon filet
- Olive oil
- 3 garlic cloves, minced
- 1-2 Tbsp dried dill
- 2 lemons sliced into rounds
- Fresh basil, cilantro, and parsley,
- White rice
- 1 lime
- Butter
- 1 avocado
- 1 cucumber, diced
- 1 head purple cabbage

DRESSING

- 5 Tbsp olive oil
- Juice from 1 lemon
- 1 tsp dijon mustard
- 1 Tbsp honey
- 1 tsp dried dill
- 1 tsp dried parsley
- Salt and pepper to taste

SEE NEXT PAGE FOR INSTRUCTIONS...

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SALMON CABBAGE BOWLS

INSTRUCTIONS

1. Prepare salmon: Preheat oven to 350. In a large baking dish drizzle the salmon with olive oil. Top each filet evenly with garlic, dill, salt and pepper. Place lemon slices and basil on top. Bake 20-30 min until salmon flakes easily in center.
2. While salmon bakes, begin making white rice to package instructions. Make the dressing by combining all dressing ingredients and mix well. When the rice is finished, stir into rice organic grass fed butter, salt, pepper, juice of 1 lime, and chopped cilantro.
3. Dice 1/2 head purple cabbage, avocado and cucumber. Chop the cilantro, parsley and basil.
4. Shred cooked salmon with a fork.
5. Assemble. Start with rice, then cabbage, salmon, and top with cucumber, fresh herbs, and drizzle with dressing!

PEANUT BUTTER CUPS

INGREDIENTS

- Bottom Layer
 - 1/3 cup creamy peanut butter
 - 2.5 Tbsp coconut oil, melted
 - 1 tsp vanilla extract
 - 2 Tbsp maple syrup
 - 3 Tbsp unsweetened cocoa powder
- Top Layer
 - 1/3 cup peanut butter
 - 2 Tbsp coconut oil, melted
 - 1 tsp vanilla extract
 - 2 Tbsp maple syrup

INSTRUCTIONS

1. Line a muffin tin with 12 paper liners. Combine “bottom layer” ingredients and divide evenly into the paper liners. Tap the sides of the muffin tin to spread evenly.
2. Combine “top layer” ingredients and scoop evenly into the paper liners over the first layer. Tap sides or bottom of pan to spread. Sprinkle each cup with sea salt.
3. Freeze for about 30 minutes until firm

QUICK TIPS

REAL-FOOD BARS

- Perfect Bars
- Wella Bars
- Whole Lotta
- Clif Bars
- Rx Bars
- Epic Bars
- Larabars

COOKING WITH FATS (GOOD VS BAD)

- **GOOD**
 - Real, grass-fed organic butter
 - Clarified butter or ghee
 - Olive Oil
 - Avocado oil
 - Organic, unrefined coconut oil
 - Animal fats
- **BAD**
 - Soybean oil
 - Canola oil
 - Vegetable oil